

Potato and Ham Skillet with Eggs

Makes: 6 Servings

Fully cooked ham is featured in this recipe. This recipe serves ham with vegetables and potatoes for a meal prepared in one skillet.

Ingredients

- 2 potatoes (peeled and diced)
- 2 tablespoons vegetable oil
- 2 onions (small, chopped)
- 1 green pepper (chopped)
- 6 eggs (beaten)
- 1/4 teaspoon black pepper
- 6 ounces frozen ham (thawed and chopped, about 1 cup)
- 1 cup reduced fat cheddar cheese (shredded)

Directions

1. In a medium-size skillet, cook potatoes in oil over medium heat until just soft, about 5 to 10 minutes.
2. Stir in onion, green peppers, and ham, and cook 5 minutes.
3. Pour eggs and black pepper over potato mixture in pan, and sprinkle with cheese.
4. Cook for 5 minutes, stirring occasionally, or until eggs are firm and cheese is melted.

Nutrition Information

Nutrients	Amount
Calories	290
Total Fat	15 g
Saturated Fat	5 g
Cholesterol	245 mg
Sodium	540 mg
Total Carbohydrate	19 g
Dietary Fiber	3 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	19 g
Vitamin D	N/A
Calcium	218 mg
Iron	2 mg
Potassium	N/A

N/A - data is not available

Source: Recipe adapted from Commodity Supplemental Food Program Cookbook